I’ve been suffering with diarrhoea since taking weightloss medication, will SPR help? **

GLP-1 Medication · https://thesixpackrevolution.com/docs/ive-been-suffering-with-diarrhoea-since-taking-weightloss-medication-will-spr-help/

To help manage diarrhoea it’s recommended to rest your bowel, stay hydrated, and eat simple, easy-to-digest foods.

Stay hydrated
Drink your water
Avoid sugary drinks
Limit caffeine

Eat simple food
Choose lean proteins
Avoid milk, cheese and butter
Skip greasy foods

** Always consult your doctor or prescribing medical professional if experiencing any side effects from your weightloss medication.